

# Issaquah Senior Center

## Activity Calendar



### October 2017

Questions? Give us a call (425) 392-2381  
or visit us online at [issaquahwa.gov/seniors](http://issaquahwa.gov/seniors)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tai Chi (Drop In)</b> 9:00 AM	<b>Panera Delivery</b> 9:00 AM	<b>Intermediate S.A.I.L. Fitness Class</b> 9:30 AM	<b>Hand and Foot Card Game</b> 9:00 AM	<b>Intermediate S.A.I.L. Fitness Class</b> 9:30 AM
<b>Intermediate S.A.I.L. Fitness Class</b> 10:30 AM	<b>Mahjong</b> 9:00 AM	<b>Bridge</b> 10:55 AM	<b>Arts &amp; Crafts (Drop In)</b> 9:30 AM	<b>Beginning S.A.I.L. Fitness Class</b> 11:00 AM
<b>Bridge</b> 10:55 AM	<b>Operation School Bell Knitting Group</b> 10:00 AM	<b>Beginning S.A.I.L. Fitness Class</b> 11:00 AM	<b>Happy Hookers Knitting</b> 11:00 AM	<b>CCS Lunch</b> 12:00 PM
<b>Coffee Talk</b> 11:00 AM	<b>Let's Talk About It</b> 11:00 AM	<b>Book Club</b> 1:00 PM (1st & 3rd Wednesday of month)	<b>Yoga</b> 1:15 PM	<b>Pinochle</b> 1:00 PM
<b>Yoga</b> 1:15 PM	<b>CCS Lunch</b> 12:00 PM	<b>Walking Group</b> 2:00 PM	<b>Tech Help</b> 2:00-4:00 PM	
<b>Chair Yoga</b> 2:45 PM	<b>Pinochle</b> 1:00 PM		<b>Intermediate Line Dancing</b> 2:45-3:45 PM	
	<b>Matinee Movie</b> 1:30 PM (2nd & 3rd Tuesday of month)			
Hours of Operation: M-F 8:30 AM-4:00 PM		<b>Activity Night</b> 5:30-9:00 PM	CLOSED Saturday & Sunday	



### Happy Halloween!

**Dress up in your Halloween costume on Tuesday, October 31st and stop by the front desk for some trick-or-treating fun!**

**Enjoy lunch and impress those at your table with your best costume!**

# Fitness Classes

## **INTERMEDIATE S.A.I.L.** *(Stay Active & Independent for Life)*

Exercise to stay fit. This class will include exercises to improve balance, flexibility, and strength. Exercises are customized for all fitness levels and needs. **MONDAY 10:30 - 11:30 AM, WEDNESDAY & FRIDAY 9:30 - 10:30 AM**

*Fee: \$50.00/10 classes*

*Instructor: Barbara Scott*

## **BEGINNING S.A.I.L.** *(Stay Active & Independent for Life)*

This class is designed to include movement and stretching that increases the heart rate while maintaining your stability. Most exercises can be done in chairs while targeting resistance training and balance for fall prevention. **WEDNESDAY & FRIDAY 11:00 - 12:00 PM**

*Fee: \$50.00/10 classes*

*Instructor: Barbara Scott*

## **YOGA**

Yoga Alliance certified instructor Barbara Stevenson uses the Viniyoga approach of combining breath awareness with movement, as well as function over form, to make this class adaptable for each individual. No experience or flexibility needed. Equipment provided.. **MONDAY & THURSDAY 1:15 - 2:30 PM**

*Fee: \$8.00/class*

*Instructor: Barbara Stevenson*

## **CHAIR YOGA**

Chair yoga leads you through a gentle series of yoga poses done while seated or using a chair for balance and support. This yoga class focuses on incorporating your breath with movements to create strength, flexibility, and balance and promote a sense of calm and wellbeing. No getting on the floor or trying to become a pretzel. Reduce stress and try this ancient wellness practice.. **MONDAY 2:45 - 3:45 PM**

*Fee: \$7.00/class*

*Instructor: Barbara Stevenson*

## **LINE DANCING**

Exercise your body & mind by line dancing to lively music. Dancing styles covered in class are Country Western, Swing, Tango, Cha-Cha, Waltz and more. No dance experience or partner necessary. **THURSDAY 2:45 - 3:45 PM**

*Fee: FREE*

*Instructor: Spencer Howard*

## **Tech Help**

with Michelle Winterstein

Bring all your computer and technology related questions—she can help! From computers to cell phones, tablets and cameras, bring yours or get help using the computers at the senior center. **THURSDAY 2:00-4:00 PM**

# Group Classes

## **Introduction Workshop: The Mindfulness Solution to Pain** *Fee: \$5.00*

In this workshop you will be given an introduction on how breathing techniques and meditation help with physical pain management. This one day will give you a taste of what the full four-week series (that starts in November) will feel like. If interested please sign up at the front desk.

*Wednesday, October 11th, 12:00 PM*

## **AGING WITH EASE: Join us for this two day seminar** *Fee: FREE includes lunch!*

Learn how to make staying at home work better for you as you age, how to downsize, in-home care, assisted home living, elder law, financial planning and other helpful tips.

*Thursday, October 19th and 26th, 10:00 AM-1:00 PM*

## **METRO with Dave** *Fee: Training is free, you pay own bus fare*

Interested in learning about using King County Metro and the Orca Pass? Join former Metro driver Dave Waggoner on guided trips around the area. Contact Dave directly for more information at: [davids\\_waggoner@msn.com](mailto:davids_waggoner@msn.com) or (425) 221-2503

## Lunch Menu

Catholic Community Services serves lunch at the Senior Center every Tuesday and Friday at noon. Those coming for lunch need to be signed in and seated by 12 pm. Limited space is available.

*Suggested donation: \$3 for adults 60 and older, \$6 required for anyone else.*

### **Tuesday, October 3rd**

Pork Cutlet, Potatoes & Gravy, Steamed Vegetables, Wheat Roll, Apricots

### **Friday, October 6th**

Fish Burger, Spinach Salad, Broccoli, Orange Wedge, Pudding

### **Tuesday, October 10th**

Chicken & Dumpling, Salad, Vegetable Blend, Tropical Fruit Salad

### **Friday, October 13th**

Ivar's Clam Chowder, Salad, Breadsticks, Mixed Berries & Whipped Topping

### **Tuesday, October 17th**

Shepherd's Pie, Garden Salad, Fruit Cocktail, Roll

### **Friday, October 20th**

Sweet & Sour Pork, Chinese Chicken Soup, White Rice, Mandarin Orange, Fortune Cookie

### **Tuesday, October 24th**

Swedish Meatballs, Egg Noodles, Mixed Vegetables, Apricots

### **Friday, October 27th**

Pork BBQ Ribs, Scalloped Potatoes, Broccoli, Wheat Roll, Pears

### **Tuesday, October 31st**

Florentine Fish, Red Potatoes, Zucchini in Stewed Tomatoes, Roll, Cherry Crisp

***Catholic Community Services is currently looking for volunteers to help with lunches on Tuesdays & Fridays. Please inquire at front desk if interested.***

## **Activity Night** at the Senior Center

*Join us every Wednesday from 5:30-9:00 PM for a variety of activities with other Senior Center members!*

### **Driftwood Sculpture Class**

**6:00-8:30 PM**

Bring out the beauty in found wood from the beach, lakes and even your own backyard. Join a class today and become the artist you never knew you were. Tools will be provided.

*Fee: \$5.00 drop-in    Beginner Kits: \$8.00*

### **Issaquah Amateur Radio Club**

**7:15-9:00 PM**

The Issaquah Amateur Radio Club (IARC) is a group of Amateur Radio Operators (HAMs) who meet the first Wednesday of each month at the Senior Center. They discuss what's happening in the HAM Radio world, and often a program presentation and more discussion. The club meets in the side room with the door closed, but the meeting is open to the public and anyone who may be interested or curious about HAM radio. Stop by and visit some time. If you have any questions contact John KA7TTY at 206-276-6759.

### **Movie Night**

**5:45-8:00 PM**

Come watch and discuss movies in the Senior Center library. Each week will feature a different film, with the October schedule listed below.

*October 4th: Hotel Rwanda    ~    October 11th: We Bought a Zoo  
October 18th: The Glenn Miller Story    ~    October 25th: Remember The Titans*

# Trips

Join us as we venture out on a variety of exciting adventures! Meet new people and experience some of the best outings in the area. Sign up in person, online, or over the phone today!

- Please arrive 15 min before the trip leaves.
- Vans are not wheelchair accessible.
- Trip participants must ride with the group both ways.
- Participants who need special care are required to bring a chaperone.

## Thursday, 10/5 UW Urban Horticulture Tour 10:30am-3:00pm

The Center for Urban Horticulture, part of the University of Washington Botanic Gardens, includes a 16-acre landscaped site with buildings & gardens, the UW Farm and the 74-acre Union Bay Natural Area, which provides publicly accessible wildlife habitat (more than 200 bird species have been sighted there) and an outdoor laboratory for UW research. Come with us and take a casual walk with a knowledgeable guide that will show you the seasonal highlights of the season, as well as different parts of the Center for Urban Horticulture. Lunch will be at The Islander before heading to UW.

**Transportation Fee: \$14.00 Admission: FREE!!**

## Thursday, 10/12 Leavenworth 8:30am-4:00pm

Using the beautiful backdrop of the surrounding Alpine hills to their advantage, the City of Leavenworth agreed to remodel their town in the form of a Bavarian village in 1964. Ever since the change to a Bavarian motif, Leavenworth has become a pillar of the tourism industry in the Pacific Northwest. Close to two million tourists visit each year. Enjoy a stroll down front street shopping and exploring and have a delicious Bavarian lunch at the restaurant of your choice. The bus will travel Highway 2 to get to Leavenworth and will return to Issaquah via Blewett Pass.

**Transportation Fee: \$26.00 Admission: FREE!!**

## Monday, 10/16 Muckleshoot Casino 9:30am-2:30pm

Muckleshoot Casino offers more than 3,100 video gaming machines, the largest selection under one roof! They also feature the largest smoke-free gaming facility in Washington State so all non-smokers can breathe easy. Enjoy lunch at one of the many dining options at the casino. Bring your Player Club if you have one, or sign-up for one onsite when you arrive.

**Transportation Fee: \$13.00 Admission: FREE!!**

## Wednesday, 10/18 Lunch Bunch—Pomegranate Bistro 10:30am-1:30pm

Pomegranate Bistro is a family-friendly American Bistro in Redmond. Come enjoy thoughtful comfort foods, an approachable wine list, fun cocktails, exceptional coffee & familiar faces. (\$\$)

**Transportation Fee: \$8.00**

## Thursday, 10/26 Heritage Flight Museum 8:30am-4:00pm

Founded in 1996 by Apollo 8 astronaut Major General William Anders, the Heritage Flight Museum is a non-profit organization dedicated to the preservation and flying of historic military aircraft. Visitors get an up-close look at the collection of memorabilia and artifacts, and a selection of flying World War II, Korean and Vietnam era aircraft. The museum educates the public so that they might understand and appreciate the contribution military aircraft, and the people that flew them, have made to our heritage, national security and freedom. We will go to the Olive Garden afterwards.

**Transportation Fee: \$22.00 Admission: \$8.00**

**Please bring money for lunch and admission, which will be paid at the destination.**

A transportation fee is required at the time of registration. Fees are based on staff time, mileage, parking and any other trip expenses. We are unable to refund fees less than \$10. Fees over \$10 will be subject to a \$10 withdrawal fee. In the event of a cancellation, transportation fees may be applied to other trips five business days or more prior to the scheduled trip.

**Reminder!** The Senior Center accepts the following forms of payment: **Cash, Check, Visa or MasterCard**—Credit cards accepted over the phone

# SPECIAL EVENTS, ACTIVITIES and ANNOUNCEMENTS

**Tuesday, October 10th, 10:30am: BINGO** Come play Bingo at the Issaquah Senior Center then stay for lunch.

**Tuesday, October 10th, 1:30pm: Movie Matinee** Join us for popcorn and a movie. This week's movie is *The Last Word*. Harriet is a retired businesswoman who wants to control everything, especially her legacy. When a young journalist searches for the truth, so begins a life-altering friendship.

**Tuesday, October 10th, 2:30pm—4:00pm: Manicures** Come enjoy a free manicure brought to you by the volunteers of the National Charity League.

**Tuesday, October 17th, 1:30pm: Movie Matinee** Join us for popcorn and a movie. This week's movie is *The Age of Adaline*. Blake Lively and Harrison Ford star in this stirring romantic drama about a 29-year-old woman who has stopped aging - and the timeless power of love.

**Tuesday, October 24th, 1:30-3:00pm: KCLS Tech Help** Staff from the Issaquah Library will be at the Senior Center providing technology help. You can bring in your own devices or use the computers at the Senior Center. Appointment is required and space is limited! Sign-up at the front desk today!

**Tuesday, October 24th, 2:30pm-4:00pm: Manicures** Come enjoy a free manicure brought to you by the volunteers of the National Charity League.

**Every Wednesday, 2:00pm: Walking Group** Everyone is welcome! Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Please wear good walking shoes. Walks will be on flat and paved paths around our beautiful downtown! Rain or Shine, we will walk.

**Every Thursday, 9:30am: Drop-in Arts & Crafts Fun** Bring your current arts & crafts project, along with your own supplies, and work on them here while socializing with other seniors!

**Volunteers Needed:** We are currently looking for volunteers in the following areas:  
Help in the kitchen for the CCS Lunches (Tuesday & Friday)  
Walking Group Leaders (Thursday)  
Back up person to do the Panera Bread pick up (Monday evening)

**Bridge Players:** Our Bridge group has seen much transition over the past few months. It is time to regroup and reschedule to be sure we are meeting everyone's bridge needs to the best of our ability. Please sign up at the front desk and we will be in touch with you once we have enough players.

**Calling All Knitters:** A group of knitters meets every Tuesday at 10am to knit hats and scarves for Operation School Bell. This organization provides brand new clothing to 2,100+ students in need. For more information you may email Jenny at [jemcole@outlook.com](mailto:jemcole@outlook.com)



# Senior Center Information

## **Senior Center Access**

The Issaquah Senior Center is free. All are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk to register. There are fees to participate in classes and programs.

## **Scholarships**

Scholarships are generously funded by individual, corporation and community group donations. To receive a recreation scholarship or discount, applicants must meet the City's income eligibility requirements and live in Issaquah. Each calendar year, the maximum scholarship rewards are \$350 per participant and \$600 per family. Scholarships are available at 100 percent, 75 percent and 50 percent of program fees. To apply, go to [issaquahwa.gov/scholarships](http://issaquahwa.gov/scholarships).

## **Meals on Wheels**

Meals are available for homebound seniors. Volunteers are available to take calls and make deliveries only on Wednesday mornings. Call Wednesday morning for an assessment to start meal delivery. If you need additional assistance, please call 206-448-5767.

## **Donations**

The Senior Center is currently looking for gently used dish towels and puzzles. Bring any donations to the front desk.

# Community Center and Pool Information

## **Senior Gold Pass**

For only \$25 a year, a Senior Gold Pass includes use of the Community Center and Julius Boehm Pool. If you are 62+ years of age and live within the Issaquah School District boundaries, you qualify for a Gold Pass. Proof of address will be required at the time of registration. Scholarships are available.

## **Indoor Track**

Looking for a place to continue your daily run or walk—rain or shine? Keep moving indoors on our track accessible on the second floor of the Community Center. Only walkers or joggers are allowed (please no strollers, riding toys or balls on the track). In total, 11.3 laps equals a mile!

## **Julius Boehm Pool**

Join us for any of the aquatic exercise programs!

*Fit to the Core:* A hard core aerobic workout to improve strength, muscular and cardio endurance, and sensory feedback using the medium of water. Reduce joint compression and the downward pull of gravity while exercising with the extra resistance water provides. Classes held Monday & Friday, 8:00-9:00am.

*Liquid Intervals:* If your goal is a leaner, stronger, fit body then interval training is the answer. Bursts of energy followed by short recovery periods burns more calories while enhancing muscle and strength. Classes held Tuesday & Thursday, 8:00-8:45am

*Deep Water Running:* Experience this intense cross training program. Combining the resistance properties of water with running creates a very challenging workout in a non-impact environment. Develop speed, power, endurance and toned muscles. Classes held Wednesday, 8:00-9:00am

*Move & Flow:* A workout tailored for people recovering or dealing with pain. This program is a great way to move and keep muscle function without impact on your joints. Classes held Monday, Wednesday & Friday, 10:00-10:45am.

Hours	Mon-Thurs	Fri	Sat
Community Center	5:00 AM-9:00 PM	5:00 AM-9:00 PM	8:00 AM-4:00 PM
Pool (Lap/Public Swim)	6:30 AM-3:00 PM 8:15 PM-9:30 PM	6:30 AM-3:00 PM 7:15 PM-9:30 PM	12:30 PM-6:00 PM